

Tim Hall - Lead Keystone teacher

Mark Cain - Teaches Keystone

Ray Potter - Outdoor extraordinaire and former keystone teacher

## GET TO KNOW YOU GAME

**Fly fisherman handshake** - pat each other's forearm like a fish and introduce yourself.

**Lumber Jack Hand** - fist and thumbs build up. (give a thumbs up to your partner. Partner grabs your thumb and creates a thumbs up of their own and you grab their thumb. Stack up like Jumanji.

## What is Keystone:

Character building

Social Skills - Team Work - Collaboration

GOAL: Sense of community - Kids will succeed if they have a sense of community.

Broad Frameworks - Make into whatever your school wants to be.

- Change kids language from reactive to proactive language and empowering them to make a plan for the future.
- Example change "I'm going to college" to "I will graduate from college."
- We need to **change their paradigm** and change the way they see things (2. Beginning with the end in mind.) - Used the college graduation statistics of who graduates from college vs. high school.
- Teach the kids that they should have a purpose and a goal.
  - Anyone that can go to college, who's going to graduate from college.
  - What do you want people to say about you at the age of 80?
  - What is success? (Getting out of an abusive situation at home, making \$100,000 a year, happiness)
  - What is the most important things to you?
  - The first 3 habits "Not a person alive can make you do these things." These are personal choices.

\* Prepare students for anything in their future (example is that in college there are courses in Homeland Security whereas when those college kids were freshman this course didn't exist.)

## 7 Habits for highly successful teens (Sean Covey (son of Steven Covey that wrote 7 habits for highly effective people) - Get into the Habit

1. **Be Proactive:** Be Proactive is about taking responsibility for your life. Proactive people focus their efforts on their Circle of Influence.
2. **Begin with the end in mind:** Habit 2 is based on imagination--the ability to envision in your mind what you cannot at present see with your eyes. It is based on the principle that all things are created twice. . There is a mental (first) creation, and a physical (second) creation. The physical creation follows the mental, just as a building follows a blueprint.

3. **Put first things first** (Prioritize): To live a more balanced existence, you have to recognize that not doing everything that comes along is okay. There's no need to overextend yourself. All it takes is realizing that it's all right to say no when necessary and then focus on your highest priorities.
4. **Think Win Win:** Think Win-Win isn't about being nice, nor is it a quick-fix technique. It is a character-based code for human interaction and collaboration.
5. **Seek First to understand and then be understood:**  
Communication is the most important skill in life. You spend years learning how to read and write, and years learning how to speak. But what about listening? What training have you had that enables you to listen so you really, deeply understand another human being? Probably none, right?
6. **Synergize** - Work together: To put it simply, synergy means "two heads are better than one." Synergize is the habit of creative cooperation. It is teamwork, open-mindedness, and the adventure of finding new solutions to old problems.
7. **Sharpen the Saw** - preserving and enhancing the greatest asset you have--you. It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual.

### **Game: Switch - Change - Go**

Start in a Circle

Left hand flat and right hand point into other person's hand

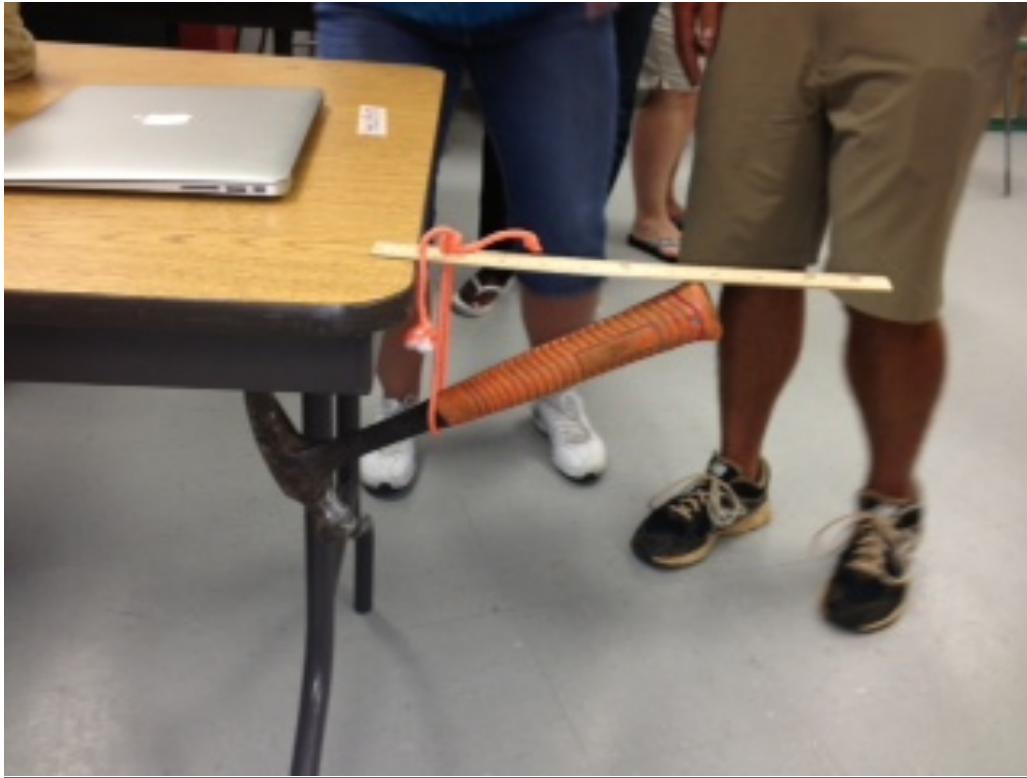
Switch means do opposite of above

Change - left thumb up and right hand point with index finger point out both arms out in front of you.

Go - grab other persons finger pointing in your hand when your hand is flat and index finger is in other person's hand.

### **Hammer - Ruler & String suspended over table**

The students are given the string, ruler and hammer and they must balance all three with the hammer suspended in air and only using an inch of the ruler on the table.



### **The 3 Impossible games**

- “Just got arrested pose” flat against the wall with feet and ankles out against the wall and stand there.
- body to side of wall lifting outside leg up holding on to nothing
- holding feet jumping forward over a dollar bill

### **Every other game is possible:**

**Ancient numbering system used for 1000 of years.** - using hands to discretely show numbers on the table and nails to look like roman numerals or making shape every time you show a new number.

Lesson: Easy to get distracted and pay attention to everything!

**Who are you?** One minute with each partner constantly asking “who are you” and the other person answers one word that describes them, can not repeat the same answer twice. One partner goes for 1 minute and then alternate.

### **1 nail in 1x4? balancing 16 nails**

- \* have students figure out how 16 nails can be held by one nail on a board.
- \* They can't solve the problem... then....

- \* As he is putting together the sticks (he showed us nails at the end which looked easier) he is talking about how pressure is not always a bad thing and that not one thing works for everyone.
- \* Pressure from top bottom and sides... allow pressure to work for you instead of against you.
- \* If you take one thing out or add one thing in it can change the whole dynamic.
- \* Mark's input: Another thought is that you have to create a foundation in order to have the life you want to have in order to balance everything.
- \* Can't leave out steps in order to get it right
- \* (easy to find and get at Lowes or in our garage)



### OUTDOOR GAMES:

2 person trust fall

3 person trust fall (never 2 boys and a girl all other groupings work)

**Willow in the wind** - 8 person circle trust and pick up and sway to the ground.

### Back inside before lunch:

Mark's activity: Link index finger to thumbs and link and say "I'm strong" multiple times and then "I'm weak" multiple times. See if the link breaks.

**Hot Seat:** volunteer - person in the center and the people goes around the circle to critique and give glows about how they have grown as a person. Can be strengths and weaknesses or ( the way I do it is: 2 glows and 1 grow)

**Kick Me:** volunteer only - blind folded

**STUDENTS WILL:** One person will volunteer to be the “kicked” then....

1. other students put down on a post it their first impression of the student & what their perception is of them now. (No names on post-its) put on the students back and student that is it will take them off one by one and read them.
2. (Also you can have the volunteer put down what they think of themselves.)

**Human Elevator** 4 people pick up a person 2 under armpit and 2 people under knees.

1. pick up first time. 2. Stack hands without touching on top of head (layer in order, unlayer in order) 3. pick up person again.

### **Obstacle Course:**

Reindeer Flying - (8 people lined up with gear on to pull the first half of the rope. Rope is suspended very high and the person on the other end of the rope is harnessed and on the ground with the other half of the rope. The 8 people run and the person that is “it” runs behind to eventually be pulled up into the sky.)







**Rock Wall:** (Gone getting cherry limeades during people's climb... sorry no human pics for this one.)



**Deep | Shallow:** Fill out something very truthful about yourself. "If you really knew me" - Teacher reads the folded paper and we see if we can guess who has what card. The students can either have a shallow or deep answer. Their choice.